

# Creatives on lockdown

Issued by [Dentsu](#)

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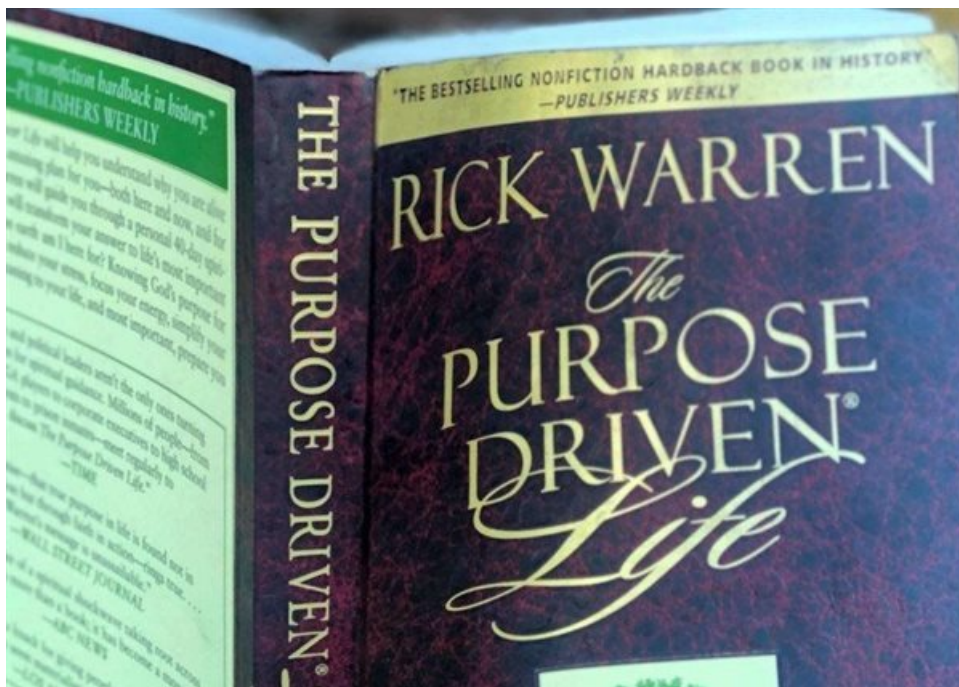
*Isolated, but not alone. Locked down, but still thinking outside the box. Covid-19 is a complicated challenge, but a few DAN SSA staff members shared their inspiring ideas on how to stay positive.*



**Revina Acheampong**

**PR and communications specialist, DAN Ghana**

*I'm reading... actually, rereading Rick Warren's *The Purpose Driven Life*.*



*I'm learning... new things via the Skills Academy on Workday.*

*I'm working... with the Dentsu team to unpack client briefs and check in with each other to make sure we're all okay.*



***I'm cooking...*** with my mum, who lives with me. She usually does the cooking, so it's fun being able to spend time together in this way.

***I'm missing...*** church. I'm very 'churchy', but I sing, dance and play music in my own space.

**Lana Marais**

**Regional client service director, DAN SSA**

***I'm staying connected...*** with video calls, so I feel more in touch with others. We are so lucky to have the technology. I feel grateful to have so much.

***I'm using routine...*** to manage my workload, kids, me-time and domestic chores.

***I'm compiling...*** a post-Covid bucket list. Every time I find myself thinking about a place or a person or an activity I could be doing right now, I make a note on my phone so that I can make it happen before the end of 2020.





*I'm watching the world... from my home-office window, which faces the road. When I see the occasional car passing by, I can't help wondering what essentials that person needed.*

**Koo Govender**

**Chief executive officer, DAN South Africa**

*I'm relying on... apps like WhatsApp, FaceTime and Houseparty to stay connected with family and friends.*



*I'm not missing... sitting in traffic for hours.*

*I'm loving... cooking for my husband and sons and trying out new recipes.*

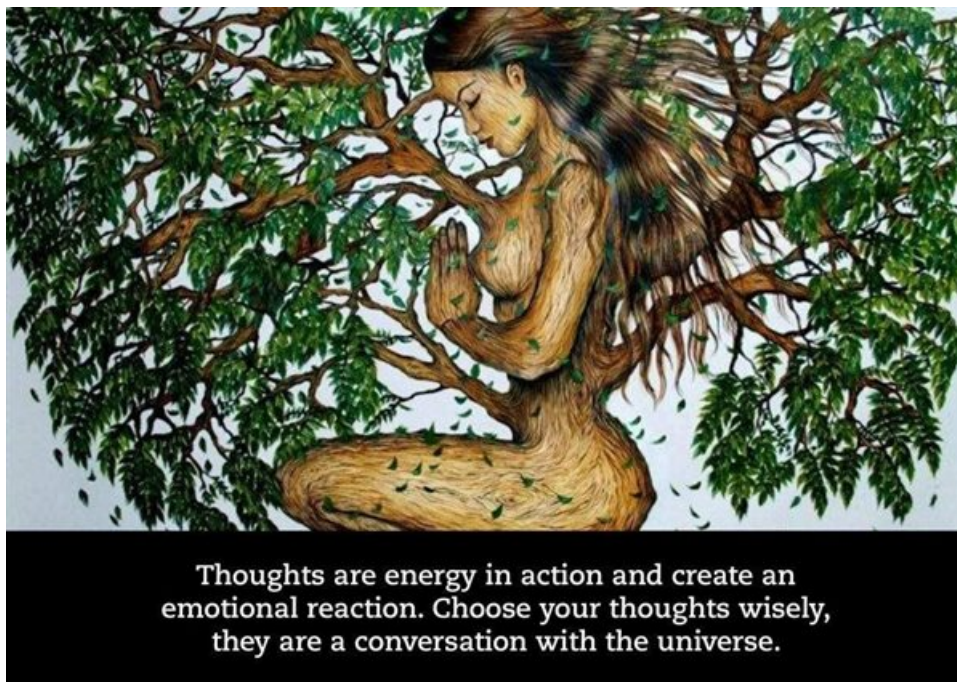


*I'm focusing on... what I can control. I am grateful for what I have and I look forward to reconnecting with friends and family in the future.*

**Delicia Arjunan**

**Strategic account manager, Vizeum**

*I'm prioritising...* mental health by enrolling in [The Science of Well-being](#) course developed by Yale University. (Thank you, Clare from Carat, for the recommendation.)



*I'm staying informed...* by consuming a great deal of information so that I can stay abreast of the latest news. It's also an important exercise to interrogate the content to ensure that it's credible.

*I'm encouraged...* by the spirit of collaboration at DAN, as well as the willingness to share content.

**Cheryl Steyn**

**Executive assistant, DAN SSA**

*I'm realising...* that lockdown isn't as easy as I thought it would be, so I'm thinking carefully about my lockdown strategy.

*I'm exercising...* at least once a day. I do an aerobics class for the elderly ladies in our complex. We do them on garden chairs. Jane Fonda, you've got nothing on me!

*I'm enjoying family time...* which has become a mini Masterchef challenge. My son, Caylem, won this week with his 'Love Bunny Chow', making do with the ingredients we have.





**Kelly Moses**  
**Regional Communications and marketing manager, DAN SSA**

*I'm jamming... art jamming, that is. I've always wanted to test my artistic skills and since I had the supplies, my boyfriend and I had an art jamming session, accompanied by red wine. I discovered that there's a Picasso inside everyone.*





***I'm getting out...** even if it's just to the garden to put a chop and mealies on the braai. For an extrovert like me, this kind of activity is essential for my mental well-being.*

***I'm reaching out...** to friends, family and colleagues. Family group chats and WhatsApp groups have really helped me to stay positive and bridge the gap. I think I'm actually connecting more with friends and family, and it has deepened my appreciation for what I have.*

**Watch:** The Fresh Living team were not to be outdone and tested their TikTok skills. Their video is just happiness in a peanut-butter jar.

You'll have to [watch the video](#) to see what we mean.

@freshliving\_pnp ##dontrushchallenge with the Fresh Living Team ##dontrush  
##FLLockdown ##FLGrams 🎶 original sound - slimgirlsupreme

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